

# Low Fat got milk?

Wisconsin CACFP now recommends  
serving 1% or skim milk to  
children 2 years of age and older\*.

(Children ages one to two should still drink whole milk for growth and brain development).



## Nutritional Benefits of Low Fat Milk:

- ✓ Low fat milk has **fewer calories** than whole and 2% milk. Too many calories can lead to **overweight** and **obesity**.
- ✓ Low fat milk has **less saturated fat** and **cholesterol** than whole and 2% milk. Too much saturated fat and cholesterol can lead to **heart disease**.
- ✓ Low fat milk has the **same** amount of **calcium, protein, vitamin D** and other **nutrients** as whole and 2% milk.

\*As of August 1, 2009, WIC routinely offers women and children over the age of 2 fat free or 1% milk.

## How to Get Your Children to Switch to Low Fat or Fat Free Milk

- ✓ Make the change gradually.
- ✓ Talk to parents about using low fat milk.
- ✓ Mix low fat/fat free milk with whole or reduced fat milk (2%) to help children transition. Slowly increase the amount of low fat or fat free milk and decrease the amount of whole milk until the child is drinking 100% fat free or low fat milk.
- ✓ Start using low fat or fat free milk while cooking or preparing foods. (For example, in oatmeal, soups, and cereal).

### Wisconsin Child Obesity Facts:

- ✓ 29% of Wisconsin children ages 2-4 are overweight or obese, and rates increase progressively with age.
- ✓ By elementary school age, 50% of obese children have at least one cardiovascular disease risk factor, and 25% have at least two.
- ✓ Only 6 of the 72 counties in Wisconsin met the 2010 state health goal level for obesity of 9.4%.



### Milk Facts:

- ✓ One gallon of milk weighs 8.6 pounds.
- ✓ A single cow yields approx. 90 glasses of milk each day and about 200,000 glasses in its lifetime.
- ✓ It takes 350 squirts from a cow to make one gallon of milk.

"This institution is an equal opportunity provider."

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